

Very few of us arrive in NA brimming with willingness. Some of us are here because we are court-ordered to attend. Some have come to save our families. Some come in an effort to salvage a career teetering on the brink of ruin. It doesn't matter why we are here. It only matters that we are.

We have heard it said that "if we bring the body, the mind will follow." We may come to meetings with a chip on our shoulders. We may be one of those who sits in the back of the rooms with our arms folded across our chest, glaring threateningly at anyone who approaches us. Perhaps we leave before the final prayer.

But if we keep coming back, we find that our minds begin to open up. We start to drop our guard, and begin to really listen when others share. We may even hear someone talking with whom we can relate. We begin the process of change.

After some time in NA, we find that more than our minds have arrived in our meeting rooms. More importantly, our hearts have arrived, too. After that happens, the miracles really begin!

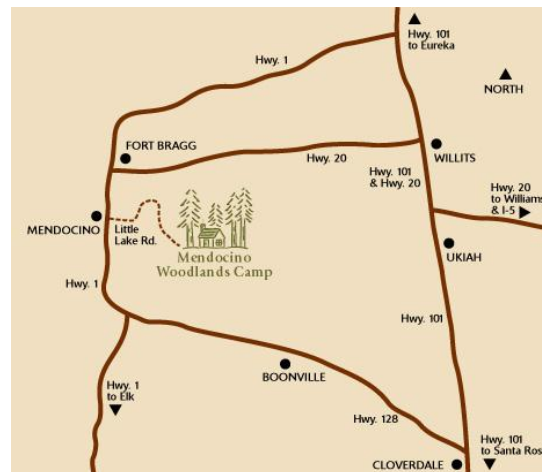
Just For Today,
June 1.



Retreat History

This is our 20th Annual Mendocino County Sisters in Serenity Women's Retreat. It originally started as a "campout" in 1996 and was held at the "Little Bear Campground" at Lake Mendocino. There were roughly 30 women in attendance. Over the course of the next 12 years the campout grew so large the committee chose to accommodate the growth and in 2008 moved it to our current location at the Mendocino Woodlands. It became a "retreat" instead of a "campout." Our first year the location, a courageous group took on the responsibility of cooking for almost 150 women. Today, thanks to the continued support, our retreat is catered.

The retreat was started by a very small group of beautiful women that paved our way and made this spiritual event possible. Three of these women will be sharing their experience, strength and hope with us at our 20th annual. Please join us in our celebration.



For more directions and information regarding Mendocino Woodlands, visit their website at:
<http://mendocinowoodlands.org/>

MENDOCINO COUNTY

20th Annual

Sisters in Serenity

Women's Retreat



Miracles Happen

SIS 2016

October 7 – 9, 2016

Mendocino Woodlands

Mendocino, California



What to bring?

Sleeping bags, pillows and other bedding; flashlights, tennis shoes or hiking boots; and lanterns. It will be chilly at night and there could be bugs.

Sorry, no pets or children.

Gates open Friday, October 7, 2015 at 2:00 p.m.

Do not arrive before that.

The facility will not let you in!!

For more information, feel free to contact:

Shannon J., Chair
(707) 621-2694

Or

Katrina V., Vice-Chair
katrinaisfree@outlook.com

For questions regarding registration, please contact our registration chair Debbie S., at (707) 621-2633.



**Speaker Meetings
Workshops
Nature Hike
Raffle and Auction
5 catered Meals and Snacks
Arts and Crafts**

Because of the remote location and the animals of the forest, there is to be no food in the individual cabins. Don't worry!!! SIS will be providing catered meals and snacks along with the traditional coffee for all registered guests. Space is limited to 200 women lodged in cabins. However, once the cabins fill up there is additional tent camping for 50 women in the meadow. This tent camping is strictly overflow and will be at the same rate as the cabins. So...do not be one of the last 50 to register!!! We filled up last year so get your registration in as soon as possible.

Please note: Cabins sleep 4. There is a place on the registration for you to list the 4 women in your cabin. **But, the women listed in your cabin MUST REGISTER!!!** If we do not receive a registration for those women at the same time as we receive yours, **we will not hold their place!**

SPONSORED REGISTRATIONS!!!
SIS will be providing a limited number of sponsored slots for those who have difficulty with the registration fee. For more information on the sponsored slots and for information on the date for which sponsored registration opens, contact Debbie S., Registration Chair at (707) 621-2633.

Pre-Registration Form

Name: _____

Phone: _____

Area: _____

Email: _____

Vegetarian: Yes _____ Vegan: Yes _____

Weekend Registration:\$100

Day Pass w/Saturday Night Dinner:.....\$35

Day Pass without Dinner:.....\$25

Amount enclosed: _____

4 women per cabin. Please list the **pre-registered or registering** women who will be lodging with you in the same cabin and any special needs that may exist.

THEY MUST BE PRE-REGISTERED OR REGISTERING NOW!!!

Please send registration to:

Debbie S.
P.O. Box 213
Talmage, CA 95481

Make checks payable to Sisters in Serenity. Pre-registration must be received by August 30, 2016.

Sorry, NO REFUNDS!